



Physical Education 4

Course Summary:

At the fourth grade level, student's hand-eye coordination has improved, allowing for advanced instruction in individual and partner activities. Fourth grade students are able to understand rules and the importance of following them. The development of a healthy lifestyle requires that the student acquire knowledge to make positive decisions about exercise, and nutrition. The student's participation and progress will be monitored through the Physical Activity Log and periodic performance tests.

Course Outline

1. The Presidential Fitness Challenge: Introduction

1. About the Presidential Fitness Challenge
 - Learn about the Presidential Fitness Challenge programs, which include the Presidential Active Lifestyle program and the Presidential Physical Fitness program
 - Analyze baseline fitness data
 - Create a SMART fitness goal
2. Powerful Pacer and Mighty Mile
 - Learn the proper way to do the mile run/walk
 - Learn the proper way to complete the pacer test
 - Demonstrate accurate completion of the mile run/walk
 - Demonstrate accurate completion of the pacer test
3. Perfect Push-ups and Curl-ups
 - Learn the proper way to do push-ups
 - Demonstrate proper technique while doing push-ups
 - Learn the proper way to do curl-ups
 - Demonstrate proper technique while doing curl-ups
4. Terrific Trunk Lift and Stretchy Sit-and-Reach
 - Learn the proper way to do the Stretchy Sit-and-Reach
 - Learn the proper way to do the Terrific Trunk Lift

2. Learning Locomotor Skills

1. Jumping and Leaping
 - Demonstrate the locomotor skills necessary to participate in a variety of jumping routines
 - Learn the fundamentals of jumping and how it can help to improve overall physical fitness
2. Move It!
 - Demonstrate your speed and quickness through a series of movement drills
 - Practice the shuttle run, a part of the Presidential Physical Fitness Program
3. Did You Catch That?
 - Demonstrate locomotor skills necessary to catch a ball
 - Demonstrate locomotor skills necessary to throw a ball to another person

- Improve hand-eye coordination and depth perception by catching a ball thrown by another person
 - Identify and demonstrate the key elements in kicking patterns
 - Demonstrate correct technique in volleying a ball
 - Demonstrate appropriate sporting behavior during independent activities
4. Which Way Am I Going?
 - Develop an understanding of the physical fitness concept of agility and demonstrate your agility through a series of exercise drills
 - Demonstrate the locomotor skills necessary to run and stop quickly
 5. I Am Strong and Sturdy
 - Demonstrate appropriate balancing technique by participating in a series of balancing exercises
 - Demonstrate upper body strength necessary to complete push-ups
 6. Upper Body Strength
 - Demonstrate the ability to utilize upper body strength to participate in various exercises
 - Improve upper body strength by performing exercises that target the upper body muscles
 7. Twist and Turn
 - Demonstrate flexibility through a series of stretching exercises
 - Increase flexibility in the upper body and abdomen by performing various twisting exercises
 8. Bending and Stretching
 - Demonstrate flexibility through a series of stretching exercises
 - Increase flexibility by performing various stretching exercises
 - Identify the major components of the skeletal system
 9. Jumping Beans
 - Demonstrate the ability to jump while maintaining balance in order to participate in jumping rope
 - Demonstrate jumping techniques
 10. Jumping Beans II
 - Demonstrate balance and coordination necessary to participate in a variety of jumping routines
 11. Lower Body Strength
 - Demonstrate lower body strength by participating in a variety of exercises
 - Improve lower body strength by performing exercises that target those muscles

3. **Developing A Healthy Exercise Routine**

1. A Healthy Exercise Routine
 - Identify the four principles of exercise
 - Identify the components of an exercise routine
 - Demonstrate how to properly warm-up and cool-down
2. Flexibility Training
 - Learn about the importance of flexibility and its overall health benefits
 - Demonstrate a variety of stretching techniques in order to improve flexibility
 - Incorporate stretching into your daily exercise routine
3. Aerobic Training
 - Learn the principles and importance of aerobic activity
 - Demonstrate aerobic activity and incorporate it into a daily exercise routine
 - Identify the major components of the cardiorespiratory system
 - Describe the relationship between the heart, lungs, and blood vessels

4. Strength and Endurance Training
 - Learn the importance of muscular strength
 - Learn the importance of muscular endurance
 - Incorporate strength and endurance exercises into a daily exercise routine
 - Identify the major muscle groups

4. Your Body and Exercise

1. Body Composition
 - Learn about different body types and the characteristics of each
 - Identify the three components of body composition
 - Calculate your Body Mass Index using a BMI Calculator
2. Nutrition & Healthy Eating
 - Identify the five food groups that make up MyPlate
 - Explain why eating a healthy diet is important to overall wellness
 - Name specific foods and what food group they belong to
3. The Importance of Fluids
 - Define homeostasis and explain the role it plays in body system regulation
 - Explain why replacing fluids is important during exercise
4. Injuries
 - Learn how to prevent exercise-related injuries
 - Learn how to care for exercise-related injuries

5. The Presidential Fitness Challenge

1. Endurance Run/Walk and Shuttle Run
 - Participate in The Presidential Physical Fitness Challenge
 - Complete the endurance run/walk
 - Complete the shuttle run
2. Pull-ups or Push-ups and Curl-ups
 - Participate in The Presidential Physical Fitness Challenge
 - Complete pull-ups or push-ups
 - Complete curl-ups
 - Identify the bones and muscles used to perform a pull-up and a curl-up
3. V-Sit and Reach
 - Participate in The Presidential Physical Fitness Challenge
 - Complete the v-sit and reach

6. Games Around The World

1. Good Sportsmanship
 - Learn how to work and play productively and respectfully with others
2. Asia
 - Participate in games that are played by children in Asia
 - Demonstrate locomotor skills necessary for running and jumping
3. Europe
 - Participate in games that are played by children in Europe
 - Demonstrate locomotor skills necessary for running and jumping
 - Demonstrate hand-eye coordination necessary to catch a ball with a cup
4. Australia
 - Participate in games that are played by children in Australia
 - Demonstrate hand-eye coordination necessary to throw and catch a ball
 - Demonstrate locomotor skills necessary to run
5. Africa
 - Participate in games that are played by children in Ghana
 - Demonstrate locomotor skills necessary for running and jumping